

A CALL TO *Fast & Pray*

FASTING AND DAILY PRAYER GUIDE

OCTOBER 19-25, 2026

"The Lord Will Provide"

*Abraham called the name of that place,
"The Lord will provide"; as it is said to this day,
"On the mount of the Lord it shall be provided."*

—GENESIS 22:14



As we trust in the Lord for the provision of a permanent worship space and outreach facility that will serve as St. James' new home, we dedicate this week of fasting and prayer to Him.

WHY FAST?

- **Biblical Precedent:** The early church practiced corporate fasting and prayer when seeking the Holy Spirit's guidance and commissioning leaders in Antioch. (Acts 13:2-3)
- **Deepen Our Unity:** Denying physical needs helps subdue individual egos and aligns the congregation around a shared vision.
- **Increase our Reliance on the Lord:** Shifting attention away from daily consumption prioritizes communal prayer, repentance, and trust in God.
- **Spiritual Discernment:** Give us ears to hear to allow God's Spirit to guide us rather than human wisdom.

GUIDELINES FOR SUCCESS

1. **Prioritize Prayer:** Fasting without prayer is just a change in eating habits. Replace mealtimes or screen time with reading Scripture daily and praying for our new church home.
2. **Stay Hydrated:** Drink plenty of water throughout the week, regardless of the fast chosen.
3. **Persevere:** Don't give up if you are not able to complete a fast—just pick back up and continue.

TYPES OF FASTING

- **The Daniel Fast:** Consuming only raw fruits and vegetables and water. No meat, sweets, dairy, or caffeine.
- **Partial Fast:** Fasting from sunup to sundown (e.g., skipping breakfast and lunch, breaking the fast with a modest dinner).
- **Media/Soul Fast:** For those with medical limitations. Fasting from television, social media, secular music, or hobbies to dedicate that time to prayer.

- **Single-Meal Fast:** Choosing one specific meal each day to skip and dedicating that hour to prayer and reflection.
- **Complete Fast:** Fast completely from food and drink except water for one or more days.

HOW TO UNDERTAKE A COMPLETE FAST FOR A DAY OR MULTIPLE DAYS

- Fasting completely for a full day or multiple days requires preparation. You can't do it cold turkey.
- If you have health issues, please check with your doctor before attempting a complete fast of food and drink.
- Begin by asking the Lord how many days he wants you to fast of all food and drink except water.
- For as many days as you will undergo a complete fast, take a day to prepare by undertaking a Daniel Fast. A Daniel fast is the consumption of only raw vegetables, fruit, and water. You can consume fruit or vegetable juices but make sure they are pure vegetable or fruit juice with no added sugars, supplements, or preservatives.
- No consumption of meat, sweets, or caffeine of any kind.
- If you regularly drink caffeine expect to experience a mild headache the first couple of days.
- Be sure to stay hydrated with lots of water.
- You may feel slightly nauseated especially the first couple of days. These are toxins being released from your body.
- At the conclusion of the fast, do not attempt to eat a regular diet immediately. For as many days as you fasted of food and drink, plan on eating only raw fruits and vegetables gradually adding grains.

DAILY PRAYER FOCUS & SCRIPTURE GUIDE

DAY 1: MONDAY, OCTOBER 19

Preparation & Consecration

PRAY:

- The Lord would purify our hearts of any human or earthly desires
- The Lord would give us unity as a local expression of the body of Christ
- The Lord would align our will and vision with his.

READ:

- Joshua 3:5
- Psalm 139:23-24

DAY 2: TUESDAY, OCTOBER 20

Provision

PRAY:

- God's supernatural provision for a new church building
- Open eyes to see possibilities we have not considered
- Unexpected leads and connections
- Favor and the generosity of others we come in contact with
- Sufficient funds for what the Lord provides

READ:

- Haggai 2:8
- Philippians 4:19

DAY 3: WEDNESDAY, OCTOBER 21

Location, Favor & Logistics

PRAY:

- A location everyone in the congregation would be willing to travel to
- A place with a clear mission field, nearby neighborhoods, and not hidden
- Divine favor with city officials, zoning laws, and contractors

READ:

- Nehemiah 2:20
- Proverbs 3:4

Day 4: Thursday, October 22:

Guidance & Spiritual Protection

PRAY:

- Shielding the church leadership, families, and the search from spiritual warfare or division.

- Guidance and unity for the search committee as they consider different possibilities
- Inspiration for the search committee and leaders to see possibilities that may not at first be apparent.

READ:

- Ephesians 6:11-13
- Isaiah 54:17

Day 5: Friday, October 23

Community Impact & Harvest

PRAY:

- That the new building serves as a lighthouse to win souls and serve the local community.
- That it would be a blessing to other churches

READ:

- Matthew 5:14-16
- Isaiah 2:2

Day 6: Saturday, October 24

Next-Generation Legacy

PRAY:

- Create a space where families, children, youth and future generations will encounter God.
- Opportunities for this generation to become mentors and teachers to younger people

READ:

- Psalm 145:4
- Deuteronomy 6:5-7

Day 7: Sunday, October 25

Thanksgiving & Celebration

PRAY:

- Thank God in advance for answering our prayers and giving us a property of our own.
- Thanksgiving for the fruit that will be come from this new ministry project

READ:

- Psalm 100:4-5
- 1 Chronicles 29:13-14